We claim:

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1. A method of forming a substrate for use in IC device fabrication comprising:

preparing a silicon substrate, including doping a bulk silicon (100) substrate with

ions taken from the group of ions to form a doped substrate taken from the group of doped

substrates consisting of n-type doped substrates and p-type doped substrates;

forming a first relaxed SiGe layer on the silicon substrate;
forming a first tensile-strained silicon cap on the first relaxed SiGe layer;
forming a second relaxed SiGe layer on the first tensile-strained silicon cap;
forming a second tensile-strained silicon cap on the second relaxed SiGe layer; and completing an IC device.

2. The method of claim 1 wherein the IC device is a CMOS device, and wherein said completing includes completing a CMOS device on the tensile-strained silicon cap, wherein the CMOS device includes a source region and a drain region which are both in electrical contact with a tensile-strained silicon cap, including well ion implantation, threshold voltage adjustment, STI device isolation, gate oxidation, gate electrode and sidewall nitride formation; etching of gate oxide after formation of sidewall nitride; etching of exposed second tensile-strained silicon cap to expose second relaxed SiGe layer in the source region and the drain region; selectively laterally etching of any SiGe layer at the source and drain region and selectively laterally etching of any SiGe layer located beneath the gate and nitride spacers, forming a resulting tunnel, which is left empty or filled with a dielectric.

3. The method of claim 1 wherein said forming a first relaxed SiGe layer on the silicon substrate includes forming a graded, relaxed SiGe layer to a thickness of between about 200 nm to 5 μ m, and containing between about 10% and 100% Ge, and preferably between about 20% to 30% Ge.

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- 4. The method of claim 1 wherein said forming a first tensile-strained silicon cap includes forming a tensile-strained silicon cap to a thickness of between about 10 nm to 50 nm.
- 5. The method of claim 1 wherein said forming a second relaxed SiGe layer on the silicon substrate includes forming a relaxed SiGe layer to a thickness of between about 25 nm to 300 nm.
 - 6. The method of claim 1 wherein said forming a second tensile-strained silicon cap includes forming a second tensile-strained silicon cap having a thickness of between about 10 nm to 50 nm.

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7. A method of forming a substrate for use in CMOS fabrication comprising:

preparing a silicon substrate, including doping a bulk silicon (100) substrate with

ions taken from the group of ions to form a doped substrate taken from the group of doped

substrates consisting of n-type doped substrates and p-type doped substrates;

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- forming a first relaxed SiGe layer on the silicon substrate;

 forming a first tensile-strained silicon cap on the first relaxed SiGe layer; and

 completing a CMOS device on the tensile-strained silicon cap, wherein the CMOS

 device includes a source region and a drain region which are both in electrical contact with a

 tensile-strained silicon cap.
- 8. The method of claim 7 wherein said forming a first relaxed SiGe layer on the silicon substrate includes forming a relaxed SiGe layer to a thickness of between about 200 nm to $5 \mu m$.
- 15 9. The method of claim 7 wherein said forming a first relaxed SiGe layer on the silicon substrate includes forming a graded relaxed SiGe layer, containing between about 10% and 100% Ge, and preferably between about 20% to 30% Ge.
 - 10. The method of claim 7 wherein said forming a first tensile-strained silicon cap includes forming a tensile-strained silicon cap to a thickness of between about 10 nm to 50 nm.

- 11. The method of claim 7 which includes forming a second relaxed SiGe layer on the first tensile-strained silicon cap and forming a second tensile-strained silicon cap on the second relaxed SiGe layer.
- The method of claim 11 wherein said forming a second relaxed SiGe layer on the silicon substrate includes forming a relaxed SiGe layer to a thickness of between about 25 nm to 300 nm.
- 13. The method of claim 11 wherein said forming a second tensile-strained silicon cap includes forming a second tensile-strained silicon cap having a thickness of between about 10 nm to 50 nm.

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14. The method of claim 11 wherein said completing a CMOS device on the tensilestrained silicon cap, wherein the CMOS device includes a source region and a drain region which
are both in electrical contact with a tensile-strained silicon cap, includes well ion implantation,
threshold voltage adjustment, STI device isolation, gate oxidation, gate electrode and sidewall
nitride formation; etching of gate oxide after formation of sidewall nitride; etching of exposed
second tensile-strained silicon cap to expose second relaxed SiGe layer in the source region and
the drain region; selectively laterally etching of any SiGe layer at the source and drain region and
selectively laterally etching of any SiGe layer located beneath the gate and nitride spacers, forming
a resulting tunnel, which is left empty or filled with a dielectric.

15. The method of claim 11 wherein said completing a CMOS device on the tensile-strained silicon cap, wherein the CMOS device includes a source region and a drain region which are both in electrical contact with a tensile-strained silicon cap, includes well ion implantation, threshold voltage adjustment, STI device isolation, gate oxidation, gate electrode and sidewall nitride formation; etching of gate oxide after formation of sidewall nitride; etching of exposed second tensile-strained silicon cap to expose second relaxed SiGe layer in the source region and the drain region; selectively laterally etching of any SiGe layer at the source and drain region and selectively laterally etching of any SiGe layer located beneath the gate and nitride spacers, forming a resulting tunnel, which is left empty or filled with a dielectric.

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16. A method of forming a substrate for use in CMOS fabrication comprising:

preparing a silicon substrate, including doping a bulk silicon (100) substrate with

ions taken from the group of ions to form a doped substrate taken from the group of doped

substrates consisting of n-type doped substrates and p-type doped substrates;

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forming a first relaxed SiGe layer on the silicon substrate, including forming a graded, relaxed SiGe layer to a thickness of between about 200 nm to 5 μ m, and containing between about 10% and 100% Ge, and preferably between about 20% to 30% Ge;

forming a first tensile-strained silicon cap on the first relaxed SiGe layer having a thickness of between about 10 nm to 50 nm; and

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completing a CMOS device on the tensile-strained silicon cap, wherein the CMOS device includes a source region and a drain region which are both in electrical contact with a tensile-strained silicon cap.

- 17. The method of claim 16 which includes forming a second relaxed SiGe layer on the first tensile-strained silicon cap and forming a second tensile-strained silicon cap on the second relaxed SiGe layer.
 - 18. The method of claim 17 wherein said forming a second relaxed SiGe layer on the silicon substrate includes forming a relaxed SiGe layer to a thickness of between about 25 nm to 300 nm.

- 19. The method of claim 17 wherein said forming a second tensile-strained silicon cap includes forming a second tensile-strained silicon cap having a thickness of between about 10 nm to 50 nm.
- 5 20. The method of claim 17 wherein said completing a CMOS device on the tensilestrained silicon cap, wherein the CMOS device includes a source region and a drain region which
 are both in electrical contact with a tensile-strained silicon cap, includes well ion implantation,
 threshold voltage adjustment, STI device isolation, gate oxidation, gate electrode and sidewall
 nitride formation; etching of gate oxide after formation of sidewall nitride; etching of exposed
 second tensile-strained silicon cap to expose second relaxed SiGe layer in the source region and
 the drain region; selectively laterally etching of any SiGe layer at the source and drain region and
 selectively laterally etching of any SiGe layer located beneath the gate and nitride spacers, forming
 a resulting tunnel, which is left empty or filled with a dielectric.

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21. The method of claim 16 wherein said completing a CMOS device on the tensile-strained silicon cap, wherein the CMOS device includes a source region and a drain region which are both in electrical contact with a tensile-strained silicon cap, includes well ion implantation, threshold voltage adjustment, STI device isolation, gate oxidation, gate electrode and sidewall nitride formation; etching of gate oxide after formation of sidewall nitride; etching of exposed second tensile-strained silicon cap to expose second relaxed SiGe layer in the source region and the drain region; selectively laterally etching of any SiGe layer at the source and drain region and selectively laterally etching of any SiGe layer located beneath the gate and nitride spacers, forming a resulting tunnel, which is left empty or filled with a dielectric.

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